

# "Food Is Its Own Best Digestant"

"All too frequently we prescribe medicine for patients who suffer from indigestion, when, as a matter of fact, what they actually need is a simple course of dietetic training and the proper food-stuff to train on.

"This is the famous 'reason' for the popularity of Grape-Nuts as an article of diet, viz., that it furnishes this very course of training for the digestion. It not only furnishes the natural diastase for the process of digestion, but it favors a return to normal digestive function because the firm, crisp kernels compel thorough mastication.

"One ought not to leave out of consideration the psychic elements—the delicious treat to the palate afforded by a dish of Grape-Nuts and cream.

From April, 1916, American Journal of Clinical Medicine

## Grape-Nuts

"There's a Reason"

### HEALTH DEPENDS ON NUTRITIOUS FOODS

Eggs and Oil in Mayonnaise Sauce Enhance Its Properties and May Be Served Cold in Summer.

While strict economy is never very pleasant, still life under these conditions can be made more tolerable if the women in the home learn to use their heads in solving the problems of how to save and spend wisely. One is just as important as the other, for unless the housewife knows how to spend wisely she is throwing away her money just as surely as though she dumped it into the street.

In the kitchen comes the first and greatest saving. Though times are hard in some families and the household allowance has been greatly reduced, food must be nutritious if health is to be kept up to par. Cheap food may also be nutritious if one knows how to manage.

It is quite unnecessary to buy expensive cuts of meat; the cheap ones hold quite as much nutriment if you happen to know how to cook them and which ones to buy. Chuck steak, which is loaded down upon as an average thing, can be put into a casserole dish with a few potatoes and turned into a delicious dish fit for a king. Every scrap of meat left over from one meal to another, every bit of vegetable, every small piece of cake must be hoarded and put to some good use.

Once you start out on a campaign of economy you will be surprised to find how much saving can be accomplished without much inconvenience. For instance, have you been in the habit of making toast and throwing away these small bits, thinking them useless? Well, don't continue this extravagant habit. Those very bits of bread which you thought could not be utilized in any way can be toasted in the oven and used as croutons for soup, or they can be crushed with a rolling pin and put away in an airtight jar to be used for breaded veal chops, for bread crumbs for tomatoes, peppers, etc. Have you ever thought of using the water in which vegetables have been boiled? It makes an excellent foundation for soup, much better than the water. Water in which ribs have been boiled can be used to starch au gratins and other articles which do not need to be very stiff.

The meat bill, which is usually the most item in household accounts, can be considerably reduced by substituting fish for meat. Fish contains just as much nutriment as meat, is about half the price; therefore it should appear frequently on the table of the housewife who is trying to economize. In summer it is served cold and, if mayonnaise is served with it, so much more nutriment will be included in the meal, even and oil in the mayonnaise are highly nutritious.

the rankest kind of folly for a man to expect the world to grow better if he begins to notice improvement in himself.

### FINAL UNION SERVICES LAST NIGHT

Pastor of the First Christian Church Preaches Final Union Sermon for This Summer.

The last of the series of union services of the various churches was held at the Christian church Sunday evening. The address for the evening was delivered by Rev. J. C. Welch, pastor of the Christian church. A large and attentive audience listened to the instructive sermon.

The sermon was taken from Ezekiel 47:1-12, picturing the vision of the holy waters as seen by this prophet of God. A very beautiful spiritual application was made that appealed to all present. The waters issuing from beneath the temple symbolic of the grace and power of God issuing from His divine being. The waters coming through the door of the temple points to our minds the fact that Jesus is the door of life—the only avenue of entrance into the celestial city.

The waters widening, deepening and increasing in strength is a representation of the ever widening and increasing power of the gospel of Jesus Christ. First the water was only ankle deep, then knee deep, then deep, and finally a river which could not be passed over. Just so the teachings of Christ had a small beginning, but gradually increased until they became a mighty river of good that will benefit the entire world. As the river was to pass down through the desert and everything it touched was to live, just so the teachings of Christ are to go into all the desert places of life, giving freedom and life to nations and individuals.

As the trees that grew by the river's side furnished food and medicine for the needs of men, so the spirit that emanates from God through Christ is not only nourishing and life giving, but is healing to the diseases of sin.

The discourse was closed with the expression of the hope that the feeling of fellowship and general good will that has been born as a result of these union services would continue to be felt among the churches of Bryan. If the pastors and congregations are drawn more closely together as a result of these services then they shall have been a blessing to the town.

#### Charity Begins at Home.

Eugene was a very mischievous little boy and his mother's patience was worn to the limit. She had spoken very nicely to him several times without effect. Finally she said: "You are a perfect little heathen!" "Do you mean it?" demanded Eugene.

"Indeed, I do," said the mother. "Then, mother," said the boy, "why can't I keep that sixpence a week you gimme for the Sunday school collection? I guess I'm as hard up as any of the rest of 'em."—Exchange.

### MODEL SCHOOLS IN VAN ZANDT COUNTY

H. L. McKnight of A. & M. Extension Department Praises Schools in Van Zandt County.

H. L. McKnight of the Extension department of the A. & M. College returned Saturday night from Van Zandt county, where he spent last week. Mr. McKnight is very loud in praising the people of that county for the interest they are showing in the education of their children. He declares they are ahead of any county in the State of Texas. Mr. McKnight held seventeen meetings last week and talked to about 2,000 people. He said these people over in the Free State of Van Zandt county have built 47 new school houses in the last 18 months and every one of them comes right up to the requirements of the State. He said every school district in the county had already voted a special tax for its separate district; the fact that Jesus is the door of life—not an excessive tax, but enough to insure the very best teachers and each and every district is independent of the others. The towns of Canton and Willis Point, which are the most important in this county, declared Mr. McKnight, have school buildings for public use that would be a credit to any city in the State.

The following statistics handed the Eagle by Mr. McKnight will give some idea of the interest the people of that county are taking in the future of the State by giving their children an education, all of which has been accomplished in the past three years:

Every district now has a school tax. Thirty-four voted tax where none existed before during this period of time.

Fifty-three out of \$9 in the county have a 50-cent school tax, and 51 have voted during this three-year period.

Forty-seven new school houses have been built and 12 have been remodeled so as to conform to the law.

Forty bond issues have been voted in rural districts.

Nineteen schools got State aid last year totaling \$7,460.

Forty-nine schools are making application this week for aid under the \$1,000,000 appropriation and will get aid this coming school year.

One hundred and twenty-one jacket heaters have been installed during the last two years.

Woman dislikes to find her first gray hair almost as badly as a man dislikes to part with his last one.

There are men who would not kick an enemy when he was down—preferring to jump on him with both feet.

Many a man who is apparently a deep thinker merely has a new kind of pain and is wondering what caused it.

A woman likes to have people say that she is looking young and is a member of an old family.

### FINAL WORD TO TRADE BOOSTERS

Excursion Will Leave Commercial Club Rooms Tuesday Morning at 7 O'clock—More Cars Needed.

As a last word for the Trades Excursion we again ask for cars.

With the number of cars there are in Bryan there should be fifty automobiles on this trip. We need your car—Bryan needs it.

An excursion has been planned along lines suggested and some who seemed most interested are not lending their support. No one man can successfully pull off such a trip and every firm in town should be represented.

Of course if you are satisfied with your present volume of business and do not care to enlarge we don't expect your assistance, but believing every firm desires a larger volume of business—we expect your support.

Please have your car at Commercial Association rooms promptly at 7 a. m. Tuesday.

Bryan needs your help and we expect it.

W. A. McElroy.

### TO SPEND SUMMER AT SHADY LAWN

President Wilson With Office Force Will Spend Two Months at Summer White House.

(By Associated Press.) Washington, Aug. 21.—President Woodrow Wilson has planned to spend practically all of September and October at Shadow Lawn, the summer White House in New Jersey. The removal of the office and the office force will go to Asbury Park, which is near Shadow Lawn.

### MALLET HANDLE IS DEATH WEAPON

One Negro Kills Another With Mallet Handle Saturday Afternoon. Is Behind the Bars.

As the result of a family feud between Perry Brownlowe and Haywood today to devise some means of urday afternoon about 2 o'clock, on the old Harrington place about six or seven miles below Milligan, close to the Grimes county line, Scott went to the house of Brownlowe and demanded entrance into the house and was refused. He told Brownlowe that his wife was there and he came for her and that she was going home with him. After considerable argument a fight resulted and in the front yard the Scott negro picked up an old oak mallet handle and struck the Brownlowe negro across the back of the head. He fell unconscious and died yesterday afternoon about 6 o'clock without ever uttering a sound.

The sheriff's office was immediately notified and Sheriff Nunn, with his deputies, left for the scene of the crime and early Sunday morning found the Scott negro and arrested him, brought him to the city and lodged him in jail.

Scott had with him a revolver, which he claims he took off the Brownlowe negro, and says that he had pulled same and was in the act of shooting him when he dealt the fatal blow.

An examining trial will be held later in the week.

### IMMIGRATION BILL AGAIN TAKEN UP

(By Associated Press.) Washington, Aug. 21.—By a vote of 27 to 24, the Senate today decided to take up the immigration bill, which the Democratic caucus had postponed until the next session of this body.

When the debate on the provisions relating to the Asiatics was begun the galleries were cleared and in the consideration of those features was proceeded with in secret.

### EIGHT ARE KILLED BY AN EXPLOSION

(By Associated Press.) Jackson, Tenn., Aug. 21.—There were eight people killed and several others are missing as the result of an explosion in a stove plant here today, when three big boilers burst. The shock was felt throughout the entire city. The cause of the accident has not yet been determined.

### CLASSIFIED COLUMN

#### FOR RENT.

FOR RENT—Three furnished rooms for light housekeeping. Bath, lights, sewerage and telephone. Mrs. H. H. Williamson, telephone No. 536.

FOR RENT—Furnished room for light housekeeping. Phone 130.

FOR RENT—Two furnished rooms for light housekeeping. Modern conveniences. Three blocks from Main street. Phone 408.

#### WANTED.

WANTED—Two bright, active girls to work in Sanitarium. Apply at Fountain sanitarium.

WANTED—To rent 5-room house with modern conveniences. R. E. Dunlap, at Globe Dry Goods Co.

WANTED—Allen Academy student wants room and board for services morning and evening. Apply Eagle office.

#### FOR SALE.

PIANO FOR SALE—Good Knabe piano, good as new. Will sell at a bargain. Apply to Dr. A. L. Mondrick.

FOR SALE—Five room modern cottage. One block from I. & G. N. depot. Has all modern conveniences. Apply D. Mike.

FOR SALE—Hoosier cabinet, Singer sewing machine, rockers, mattresses, Quick Meal stove and other household goods. Ring 310.

FOR SALE—65 acres in Stephen Jones league, 4 miles from College Station. Price \$25 per acre. Would take vacant lot in Bryan as part payment. B. K. Coghlan, College Station.

FOR SALE—One new 5-room house with two lots, four blocks from Main street on West Side; \$2,200, easy terms. James W. James.

#### TIME TABLES.

Houston and Texas Central.

North Bound.

No. 5 Arrives.....12:30 A. M.

(Waco, Fort Worth, Dallas, Denison.)

No. 15 Arrives.....1:38 P. M.

(Waco, Fort Worth and Dallas.)

No. 17 Arrives.....2:11 A. M.

(Waco, Fort Worth, Dallas, Denison.)

South Bound.

No. 6 Arrives.....3:08 A. M.

(Houston.)

No. 16 Arrives.....4:15 P. M.

(Houston.)

No. 18 Arrives.....4:10 A. M.

(Houston.)

East Bound.

No. 136 Arrives.....1:25 P. M.

(From Gliddings and Caldwell.)

No. 137 Departs.....4:20 P. M.

West Bound.

(For Caldwell and Gliddings.)

Trains leave from H. & T. C. station.

S. H. Harris, Ticket Agent.

International and Great Northern.

North Bound.

Leave Bryan.....12:22 P. M.

Leave Bryan.....1:09 A. M.

South Bound.

Leave Bryan.....3:24 P. M.

Leave Bryan.....3:07 A. M.

Trains leave from I. & G. N. station.

Tom Massey, Ticket Agent.

B. & C. T. Ry.

No. 1 Lv. for Whittaker 6:30 A. M.

No. 3 Lv. for Whittaker 3:30 P. M.

No. 2 Ar. from Whittaker 10:00 A. M.

No. 4 Ar. from Whittaker 7:10 P. M.

These trains leave from tower station.

L. M. Levinson.

Manager for Receiver.

Bryan and College Interurban.

Bryan to College to Bryan to

College Bryan Villa Maria

7:15 a. m. 7:35 a. m. 7:55 a. m.

8:15 a. m. 8:35 a. m. 8:55 a. m.

11:15 a. m. 11:35 a. m. 9:55 Sun.

12:15 p. m. 12:35 p. m. 11:55 a. m.

1:15 p. m. 1:35 p. m. 12:55 p. m.

4:15 p. m. 4:35 p. m. 4:55 p. m.

5:15 p. m. 5:35 p. m. 5:55 p. m.

6:15 p. m. 6:35 p. m. 6:55 p. m.

7:15 p. m. 7:35 p. m. 7:55 p. m.

8:15 p. m. 8:35 p. m. 8:55 p. m.

9:15 p. m. 9:35 p. m. 9:55 p. m.

10:15 p. m. 10:35 p. m.

Cars leave from Interurban Station.

L. M. Levinson, Manager.

Some men make fortunes out of old things and others starve trying to invent new things.

Women would soon tire of men if men were as good as the women think they should be.

And when you reach your bottom dollar you still have the foundation of a fortune.

The attentions of those we dislike are even worse than the neglect of our friends.

The feminine idea of a popular woman is one who has an interesting secret to tell.

A woman always jollies a man along just before she makes a big fool of him.

### PROFESSIONAL CARDS

DR. ALGIE BENELOW DENTIST OVER FIRST NATIONAL BANK BRYAN, TEXAS

Exchange Barber Shop The Coolest and Cleanest shop in Town. Stop in and get cool and get a good drink of ice water.

T. A. Adams, Prop.

UNION BARBER SHOP P. J. PALASOTA, Prop. Tonsorial Artist—Your business will be appreciated.

JOE B. REED Southwestern Life and Aetna Accident INSURANCE Office, Masonic Temple Hours 8 to 10 A. M. Bryan, Texas

DR. R. H. HARRISON PHYSICIAN AND SURGEON Special Attention to Genito-Urinal and Rectum Diseases. Office Commerce Building. Phone 196. Residence Phone 196

FLOWERS. Lodge and society emblems, wedding flowers, funeral designs and floral sprays. Tube roses, roses (all colors), lilies, daisies, geraniums, ferns. Phone direct. SCOTT FLORAL CO. Navasota, Texas.

Glasses Fitted J. W. PAYNE Eyes Scientifically Examined. Optometrist with J. M. Caldwell

DR. W. H. LAWRENCE DENTIST Commerce Building. Phones—Residence, 558; Office, 521

LOOK HERE! We make the choicest French Rolls Light Rolls, Rye Bread, Cream Bread, Cakes and Pies. TEXAS BAKERY MRS. OTTO BOEHME, Prop.

M. B. Fiordan IF IT'S ELECTRICAL, THAT'S ME Get my prices. They are right PHONES Office 190 Residence 483

CHICHESTER'S PILLS THE DIAMOND BRAND. Sold by Druggists Everywhere

Oil Burning Route

SUMMER TOURIST ROUND TRIP TICKETS ON SALE DAILY:— NEW YORK.....\$61.50 WASHINGTON.....52.20 BOSTON.....72.00 NORFOLK.....50.85 DETROIT.....50.30 CHICAGO.....47.50 \$48.60 via New Orleans. MADISON.....53.50 \$54.80 via NEW ORLEANS. S. PAUL.....49.15 ST. LOUIS.....35.95 KANSAS CITY.....31.15 CALIFORNIA.....65.00 DENVER.....39.65 LIMIT TO RETURN OCTOBER 1st. STOP-OVERS ALLOWED GALVESTON.....5.55 SEABROOK.....5.05 SYLVAN BEACH.....5.00 CORPUS CHRISTI.....11.80 LIMIT TO RETURN IN 90 DAYS S. H. HARRIS, Ticket Agent.

Often the spirit of perseverance strikes a man hardest when he is in the wrong.

Give a man his choice of making friends or money and he'll not hesitate more than a second.

Before some preachers condemn a sin they investigate its financial standing.